

# Student Herald



## The SGA makes a change

*The new leaders prepare for an eventful term with creative solutions*

**By Amanda Daly**

It has been a little over a year since the development of the Keiser University—Ft. Lauderdale Student Government Association (SGA) Senate and 2014 is as busy as ever with new faces on both the Executive Board and Senate committees. While the past SGA focused on the reformation and restructuring of a new and improved SGA, the 2014 leaders have their sights set on membership development, fundraising and addressing student concerns. After only a month in office, the SGA Executive committee, comprised of President Jacob McKessey, Vice President Marcus Batson, Secretary Sharon Roberts and Treasurer Evel Ambroise, and the Senators (of which there are 13—a complete list can be seen on the following page)—have discussed the issue of parking on campus, offered feedback in a QEP session with Dr. Record (see the article entitled “The

SGA has a say” on page 3), and discussed ideas for professional development for the students of KU-FTL via a public speaking workshop and Citizen CPR Leader Training to be hosted by the American Red Cross. The specifics of both professional development workshops will be discussed at the next forum



**President  
Jacob McKessey**

S



**Vice President  
Marcus Batson**

G



**Treasurer  
Evel Ambroise**

A



**Secretary  
Sharon Roberts**

**Keiser University hosted China’s Chief Counselor of Education—page 2**

**Hamburgers, hot dogs and music—oh my! this SA Day—page 3**

meeting.



Mr. Yaqin Zhang visits from China to discuss global education.

## Keiser University hosted Mr. Yiqun Zhang, Chief Counselor of Education of China’s Houston Consulate

On Friday, April 25, 2014, Keiser University hosted Mr. Yiqun Zhang, Chief Counselor of Education of China’s Houston Consulate at the Fort Lauderdale Campus today. Mr. Zhang is a representative for the Ministry of Foreign Affairs of the Peoples’ Republic of China.

Mrs. Evelyn Keiser welcomed our guest. Dr. Sites, Vice Chancellor of Academic Affairs, presented Keiser University’s academic rigor, assessment tools, with an emphasis on KU’s ‘small class size’ and the science in learning and measure of learning outcomes. Mrs. Belinda Keiser, Vice Chancellor of Community Relations, presented in detail the Keiser philosophy, community involvement, and how Keiser not only offers in-class knowledge, but educates the minds of the students so they become responsible and contributing citizens to the state and the country. Dr. Isaac introduced Keiser University’s student services functions and shared student success stories.

Counselor Zhang shared that a career focused institution is in growing demand in China and that KU has an excellent model in place, opening the door for potential collaborations with Chinese universities as well as offering educational opportunities for Chinese students. Mr. Zhang also expressed support and interest in facilitating the China Ministry of Education’s Confucius Institute cooperation with Keiser University, and stated that KU’s 17 campuses throughout the state of Florida are unique in carrying out the mission—to promote global education, cultural exchange, and bridge a closer relationship between nations.

Also in attendance: Vice Chancellor of International Affairs Mr. Zhanjun Yang, Vice Chancellor of Business Development Mr. Shane Strum, Associate Vice Chancellor of Government Relations Mr. TC Wolfe, Associate Vice Chancellor of Media Relations Mrs. Kelli Lane, Director of International Affairs Mr. Ben Shank.

### Keiser University—Ft. Lauderdale’s 2014

#### *Student Government Association Executives and Senators List*

*The following representatives of the executive committee and student council were voted upon by the student population in a formal election process and are as follows:*

##### Executives:

President—Jacob Mckessey  
Vice President—Marcus Batson  
Secretary—Sharon Roberts  
Treasurer—Evel Ambroise

##### Senators:

PTA—Cacimar Rivera-Garcia  
Nursing—Danielle Clarke  
OTA—Glepsy Corrales  
CJ—Morgan Metaxa  
MA—Rick Levine  
Legal Studies/Paralegal—Amy Herbster  
DVS—Carly Porter  
DMS—Janice Greco  
ReT—Christine Meikle  
BA/Accounting—Lamont Morton  
MLT—Sony Raymond  
Psychology—Michael Lopez  
IT/ITM—David Menist



# Old News but Good News

## Hamburgers, hot dogs and music—oh my!

By Amanda Daly

On Thursday, April 10<sup>th</sup>, from 12:30pm-2:00pm for day

students and 5:30pm-7:00pm for evening students, the Keiser University—Fort Lauderdale campus hosted its regular Student Appreciation Day. Lines formed around the building for the free hamburgers, hot dogs, potato salad, baked beans and, of course, the SA Day cake, all of which indicated the value and care that the KU-FTL campus has for its students. The weather was perfect—not a drop of rain—and the students got sit back, relax and enjoy the festivities. The event, although coordinated by the Student Services Department, was in no way manned by Student Services alone; set-up, clean-up, servicers and cooks were composed of faculty and staff volunteers from all departments on campus in a KU community effort to show just what our students mean to us on the FTL campus.



Clockwise: students stay out of the heat under the tents; a line forms around the building for hot items; hats off to the cooks! Eddy from the maintenance staff supports the students with delicious burgers!

## The SGA has a say

By Amanda Daly

The Keiser University—Fort Lauderdale Student Government Association (SGA) meets one Monday per month to discuss the campus, students and program-related issues as well as take part in the creative process to better the



The KU-FTL SGA Senate offers input for Dr. Record.

campus. At the second general meeting of the 2014 SGA that took place on Monday, April 14th, the Associate Vice Chancellor of the Writing Program, Dr. Michael Record, conducted a Quality Enhancement Program (QEP) focus group session with the Senators, Executives and student members of the KU-FTL SGA. The QEP is aimed to develop solutions to problems affecting student-learning, and although each voice represented a different idea of what is needed, the main point agreed upon by all was in regard to KU students' obstacles in reading—comprehension, retention and communication of ideas in verbal and written form.

SGA Vice President, Marcus

Batson, identified math skills as an area of weakness on campus and stated that reading assessments seemed far less daunting than math assessments. He made note of students' struggles with higher level mathematics courses, regardless of the tutoring that is available on campus.

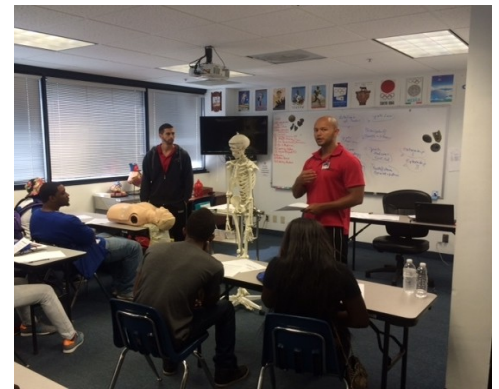
Vice President Batson's input, along with the input from the various QEP research groups from a multitude of KU campuses will be used to establish the needs of the KU student population and develop a 5-year plan of action to fulfill those needs. It was similar research, a few years back, which resulted in the Keiser Writes program, the beginning stages of the on-campus Writing Studio.



SMFT demonstrate safe lifting



SMFT body fat analysis



SMFT ECG placement demonstration

## The Sports Medicine and Fitness Technology students welcomed students from a local high school

By Rick Leitner

On Wednesday, April 16th, SMFT students were now the health educators! The high school students were split into three groups, and for 20 minutes a fundamental part of the SMFT core program was offered as a mini-workshop. All high school students rotated between each ‘workshop’ to receive instruction on all three stations:

- Body fat analysis using skinfold calipers
- Safe and effective proper lifting from the floor
- Electrocardiogram placement and use

Each student received a hands-on application of these objectives, as well as a take home informational flier composed by the SMFT students.



## Ft. Lauderdale welcomed Gustavo Gonzalez from South Miami Hospital

Mr. Gustavo Gonzalez, a KU graduate and the Supervisor of Nuclear Medicine, PET/CT, Ultrasound, Mamography, and Bone Density at South Miami Hospital, came to the Fort Lauderdale campus to speak with 45

sonography students and faculty about the future of the profession, job outlook and professional development. Mr. Gonzalez shared tips on resume writing, interviewing skills and verbal/nonverbal communication, as well as, the importance of each throughout the interview process. The presentation ended with an interactive question and answer session where faculty and students were able to ask specific career related questions regarding their field. Students were enjoying the presentation so much that it wound up running 25 minutes over the scheduled time.



# Events

## Student Government Association

**Meeting #3 :**  
**Monday**  
**May 19, 2014**  
**1:15pm**  
**Auditorium**

Represent. A voice; an impact.

*You voted! Now see how they represent you!*

**President**  
Jacob McKessey

**Secretary**  
Sharon Roberts

**Vice President**  
Marcus Batson

**Treasurer**  
Evel Ambroise

**MLT:** Sony Raymond  
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**DVS:** Carly Porter  
**DMS:** Janice Greco  
**Legal Studies:** Amy Herbster  
**Nursing:** Danielle Clarke

**OTA:** Gleysy Corrales  
**ReT:** Christine Meikle  
**MA:** Rick Levine  
**CJ:** Morgan Metaxa  
**Psychology:** Michael Lopez  
**BA:** Lamont Morton  
**IT:** David Menist

### Topics of Discussion:

*Fundraising: raffle, ice cream sale and coupon books*  
*Professional Development: Citizen CPR Leader Training, Public Speaking Workshop*  
*Student Interests: Food Truck*

## ATTENTION GRADUATES!

**You are invited!**

## GRADUATE SEMINAR

MAY 22, 2014

11:00AM—1:00PM & 6:45PM—8:00PM

AUDITORIUM

*THIS SEMINAR IS INTENDED FOR JUNE THROUGH AUGUST 2014 GRADUATES ONLY!*





# Keiser Carnival Open House

**Saturday, June 7, 2014**

**10:00am - 2:00pm**

**Campus Tours ★ Music**

**Prizes ★ Refreshments**

**KUOpenHouse.com**

**1.954.776.4456**

## Why Keiser:

- "Students first" - you matter most at Keiser University
- One class at a time
- Career placement assistance
- Financial aid available to those who qualify
- Day, evening and online classes
- Associate, bachelor's, master's and doctoral programs

## Explore these exciting, in-demand fields:

- Health Care
  - Legal Studies
  - Criminal Justice
  - Sports Medicine & Fitness Technology
  - Business
  - Technology
  - Psychology
- Programs and delivery format vary by location.

## Graduate Salute

Thursday, July 3, 2014

10:00am-1:00pm and 5:00pm-7:00pm

5th Floor Auditorium



Graduation Portraits  
Class Rings



*Packages starting at \$35.00. Cash only!*



# Opinion-Editorial



## 5 tips for a healthy summer transformation

*By Chelsea Sherman*

*Article as it appeared on CoastalVirginiaMag.com (<http://www.coastalvirginiamag.com/Health-Habits/March-April-2014/5-Tips-for-a-Healthy-Summer-Transformation/>)*

It's that time of year again. Spring is in the air. The birds are chirping, the bees are buzzing, the sun is shining, and we're shedding our winter coats and mittens in favor of cute tank tops and sandals. But instead of worrying about how quickly we can make it from the office to the beach, some of us are hung up on something else: our bodies.

Every year around this time, gyms get the influx of new members wanting to get “beach-ready” bodies in time for summer. We go crazy trying to find the perfect “30 Days to Perfect Abs” workout and the right fad diet that promises to make us fit and fabulous by the time we need to get into a bikini.

Is there anything wrong with that? I mean, at least people are trying to get into shape, right? There's nothing inherently wrong with wanting to shape up for summer, but it's important to go about it in a healthy manner that promotes your overall wellness and doesn't push you toward unhealthy fad dieting or injury from overly intense workouts. Here are 5 simple rules for getting into summer shape the healthy way:

**1. If a program offers “instant” results—AKA, 30 days or less—it is probably either complete nonsense or extremely unhealthy.** As fabulous as it would be to go from size 12 to size 6 in one month, it's simply not feasible or sustainable. The kinds of diets that promise this kind of impossibly fast change are usually those that encourage you to starve yourself and deprive your body of essential nutrients in favor of dropping pounds. This is unsustainable because your body can't function off of gummy bears or cotton balls for long before it starts deteriorating. You're also pretty much guaranteed to gain back the weight afterward.

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**2. Quit following those impossibly hot “fitspiration” people on social media.** Instagram filters are magical. If you’ve ever used one you know that it can make your photo look 100 times different than it did when you originally took it. Combine that with good lighting, proper dehydration and flexing skills and you’ve got a formula for a pretty awesome #fitspiration collection to awe your followers. While it’s okay to look for motivation from people you admire, it’s unhealthy to obsess over images of professional fitness models and people who get paid to work out for five hours everyday.

*“Have you noticed that many fitspiration images try to motivate you through guilt and shame, or by promoting exercising and dieting as a way to achieve affirmation from others? The images and their ‘motivational’ quotes often do the opposite of what they are supposed to do. Instead of motivating you to be better or inspire you to achieve a goal, they make you feel ashamed and embarrassed about how you look, about the effort you’re putting in or the choices you’ve been making. Or, they play on insecurities by suggesting that you’ll be more attractive, more desirable the more you exercise.” -The Invincible Woman*

**3. Think beyond the bathing suit.** Getting into shape is great for beach season, but it’s also much more than that. Eating clean and exercising regularly won’t just make you look good—a healthy lifestyle should make you feel better all-around. So while getting bikini-ready might be a good starting point for your fitness journey, it shouldn’t be the sole reason for the changes you make to your lifestyle. We’re always going to be under-impressed with our own bodies. It’s human nature to constantly feel like we could do more and look better. But if your perspective is to focus on how you feel more than on how you look, you’ve got a much better chance of sticking with your goals. Besides, feeling good is addicting! The more energized and productive you feel, the more you’re going to want to continue doing the things that are contributing to your wellbeing.

**4. Don’t compare your journey to everyone else’s.** Let me clarify. It’s okay to be in friendly competition with your gym buddies. It’s not okay to get so caught up in trying to be the best that you become discouraged when others seem to be making more progress than you. Everyone is different. Bodies come in all shapes and sizes, with differing metabolic rates, body fat percentages and capabilities. The best thing to do is to judge your own progress. If you’re doing better than you were last month, or last week, then you’re doing something right.

**5. Stop criticizing your body.** Get off the scale. Quit grabbing that extra pudge on your waist and staring at it angrily in the mirror. And stop complaining to your friends about how much you hate yourself for not looking exactly the way you want to look. Stop! None of this is helpful. Just like obsessing over how great some fitness model looks is unhealthy, obsessing over how un-*whatever it is you’re trying to be you are is only detrimental to your health. If you continue to beat yourself up over your imperfections, you’ll never be happy with yourself.*

*“If tomorrow, women woke up and decided they really liked their bodies, just think how many industries would go out of business?” Dr. Gail Dines*

**Takeaway:** Getting in shape is a great aspiration, and getting started on it in time for summer is fantastic! But do it for the right reasons, the right way. Take care of your body. It’s the only one you get, so do your best to love it. Embrace the body you’ve been given, imperfect as it may be, and put your overall well-being ahead of any aesthetic details you might be unsatisfied with. The better you feel about yourself, the less those little things seem to matter in the long run.



# Last Stop: Graduation

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## Important documents are required by the Department of Student Services from all graduating students

*Applications for Graduation, Program Surveys and Clearance Forms, oh my!*

By Amanda Daly

One of the unique aspects of Keiser University is its one-class-per-month model that allows for more specialized attention on coursework; no need to juggle multiple classes throughout the process of earning your degree. What this means for time-to-completion however, is that students are graduating every month as well. That is, no set December/May graduation dates exist for Keiser University students, regardless of degree program. Instead, once the final class has been completed, all degree requirements are considered met, and the student is therefore considered a graduate of the university. While the Commencement Ceremony is held in the month of May or June (depending on venue availability), graduates must turn in important documentation to the Department of Student Services to obtain their diploma or utilize Keiser University's placement assistance services—this includes the Application for Graduation, Program-specific Graduate Survey, Clearance Form, a copy of your current résumé and, in some cases, the upcoming graduate will be asked to complete the ETS Proficiency Test (this test is administered based on the degree level and program completed). Students who do not complete these documents will not have a diploma ordered for them. If you are graduating soon and do not know if you have turned in all appropriate paperwork, please contact the Department of Student Services and any one of its team members will be happy to assist you as you plan for your exit from the university.

*The Department of Student Services wishes to congratulate, on behalf of Keiser University, all of its upcoming graduates on their wonderful achievement.*

## ATTENTION GRADUATES!

### ARE YOU PREPARED FOR GRADUATION?

**IN ORDER TO RECEIVE YOUR DIPLOMA, YOU MUST TURN IN THE FOLLOWING PAPERWORK TO STUDENT SERVICES ON THE 5<sup>TH</sup> FLOOR:**

**GRADUATION  
APPLICATION**

**EXIT SURVEY**

**CLEARANCE  
SHEET (THE PINK  
PAPER SIGNED BY  
ALL DEPARTMENTS)**

# May 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
<b>Spring Break — No School!</b>						
4	5	6	7	8	9	10
	Term Start	PTK Meeting Room 525 1:15pm & 6:00pm		LDP “Networking” Auditorium 1:15pm & 5:30pm	PTK Nursing Meeting Room TBA 10:30am	Walk to Cure Arthritis Bergeron Rodeo Grounds 9:00am
11	12	13	14	15	16	17
	SGA Executive Meeting 5th Floor Conference Room 1:15pm  “Intro to Career Services” Writing Studio 1:15pm			LDP “Résumé Writing” Auditorium 1:15pm & 5:30pm		
18	19	20	21	22	23	24
	SGA Forum Meeting 5th Floor Auditorium 1:15pm	PTK Meeting Room 525 1:15pm & 6:00pm		Graduate Seminar Auditorium 11:00am-1:00pm & 6:45pm-8:00pm (June-August Graduates Only!)	PTK Nursing Meeting Room TBA 10:30am	
25	26	27	28	29	30	31
	Campus Closed  No School!		Orientation			

# June 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Term Start	3 PTK Meeting Room 525 1:15pm & 6:00pm	4 SBD Induction Ceremony Auditorium 6:30pm	5 LDP Completion Ceremony Auditorium 6:00pm	6 PTK Nursing Meeting Room TBA 10:30am	7 Keiser Carnival Open House 10:00am-2:00pm
8	9 SGA Executive Meeting 5th Floor Conference Room 1:15pm	10 "Intro to Career Services" Writing Studio 1:15pm	11	12	13	14 Commencement 2014 Broward Center for the Performing Arts 11:00am
15	16 SGA Forum Meeting 5th Floor Auditorium 1:15pm	17 PTK Meeting Room 525 1:15pm & 6:00pm	18	19 LDP "The Interview" Auditorium 12:00pm-1:00pm Special Session 1:15pm & 5:30pm	20 PTK Nursing Meeting Room TBA 10:30am	21
22	23	24	25 Orientation	26 "Intro to Career Services" Writing Studio 1:15pm	27	28
29	30 Term Start					



# July 2014

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

*1                      2                      3                      4                      5*

**PTK Meeting**  
Room TBA  
1:15pm &  
6:00pm

**Graduate Salute**  
Auditorium  
10:00am-1:00pm  
&  
5:00pm-7:00pm

**Campus  
Closed**  
  
**No School!**

*6                      7                      8                      9                      10                      11                      12*

**SGA Executive Meeting**  
5th Floor  
Conference Room  
1:15pm

**LDP  
“Civic Responsibility”**  
Auditorium  
1:15pm &  
5:30pm

**PTK Nursing Meeting**  
Room TBA  
10:30am

*13                      14                      15                      16                      17                      18                      19*

**SGA Forum Meeting**  
5th Floor  
Auditorium  
1:15pm

**PTK Meeting**  
Room 525  
1:15pm &  
6:00pm

**LDP  
“Job Search Using Technology”**  
Auditorium  
1:15pm & 5:30pm

*20                      21                      22                      23                      24                      25                      26*

Orientation

*27                      28                      29                      30                      31*

**Term Start**

**PTK Meeting**  
Room 525  
1:15pm &  
6:00pm

**Graduate Seminar**  
Auditorium  
11:00am-1:00pm &  
6:45pm-8:00pm  
(Sept.-Dec.  
Graduates Only!)

# August 2014

**Sun      Mon      Tue      Wed      Thu      Fri      Sat**

1      2  
**PTK  
 Nursing  
 Meeting**  
*Room TBA*  
 10:30am

3      4      5      6      7      8      9  
**SGA Executive  
 Meeting**  
*5th Floor  
 Conference  
 Room*  
 1:15pm

10      11      12      13      14      15      16  
**SGA Forum  
 Meeting**  
*5th Floor  
 Auditorium*  
 1:15pm  
**PTK Meeting**  
*Room 525*  
 1:15pm &  
 6:00pm  
**Back to School  
 Open House**  
 6:00pm-8:00pm  
**LDP  
 "Leadership"**  
*Auditorium*  
 1:15pm &  
 5:30pm  
**PTK  
 Nursing  
 Meeting**  
*Room TBA*  
 10:30am

17      18      19      20      21      22      23  
**Intro to Career  
 Services"**  
*Writing Studio*  
 1:15pm

24      25      26      27      28      29      30  
**Summer Break — No School!**

Orientation

31